

# Facets

December 2011



## **WRAP UP YOUR HOLIDAYS**

**Pick out perfect presents  
with our local gift guide**

**Go green with environmentally  
friendly gift-wrapping ideas**

**Relax with five tips to  
manage holiday stress**



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- Session 4 - Exercise, group class
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- Session 6 - Fat and Sugar, group class
- Session 7 - Disease Prevention, group class
- Session 8 - Cooking Class, group class
- Session 9 - Emotional Eating, Plateaus and Weight Maintenance, group class
- Session 10 - Individual, 30 minute consultation with biometric screening



# Facets

**Fac•et** - n. 1. One of the flat surfaces cut on a gemstone.  
2. The particular angle from which something is considered.

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Photo by Amy Vinchattle/Facets

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# Christmas memories

When I was 5 years old, Santa brought my 3-year-old and infant sisters and me a fully furnished Barbie Dream House.

Under the orange A-frame roof and white walls, Barbie could now kick back on her pink sofa and watch her pink, big-screen tube TV, sleep in her pink twin bed and primp at her pink vanity, and eat dinner with Ken at her pink dinner table.

The yellow doors and windows swung open to let in some fresh air, and red and yellow flowers sprung from beds on the first and second floors.

I do not remember many of the holiday presents Santa or relatives bought for us over the years.

I do remember the Christmas Eve I cried when my aunt gave my sister the Superstar Barbie



JENNIFER MEYER

my mom promised me as a bribe for being good at the doctor.

And I remember the year I was bad, and Santa gave the Hungry Hippos game I desperately wanted to my sister instead.

What I probably remember most, however — and what I probably miss most now that I am an adult — was how Christmas morning was the one day out of the year when my sisters and I were allowed to play in the living room. We took full advantage.

"What I probably remember most ... was how Christmas morning was the one day out of the year when my sisters and I were allowed to play in the living room. We took full advantage."

We toted every Barbie doll, Barbie cat, dog and car we had received for years prior into the living room.

"The dream house was the big thing because you had that for years," my mom said recently. "You each got a section; there were three sections."

We were not spoiled. We only received toys at birthdays and Christmas, which made the gifts all the more special.

This month's issue of Facets

will help you find a memorable gift for a special woman in your life, and wrap it up in a way she will be talking about for years to come.

We will also offer you some tips on how to handle the holiday stress, so you can kick back and relax a little — like Barbie on her dream sofa. ♦

Reach Facets Editor

Jennifer Meyer via email

at [jmeyer.facets@gmail.com](mailto:jmeyer.facets@gmail.com).

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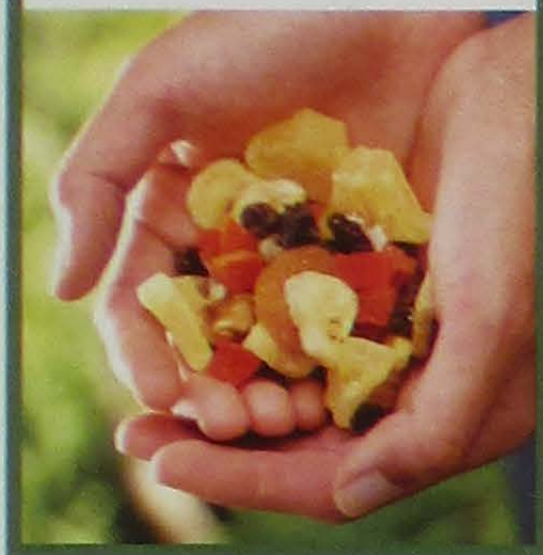


## what we're into | DECEMBER

### HOMEMADE TRAIL MIX

I buy a selection of nuts, dried fruits and cereals and then let my kids choose what goes in their mix. Endless possibilities — and healthy!

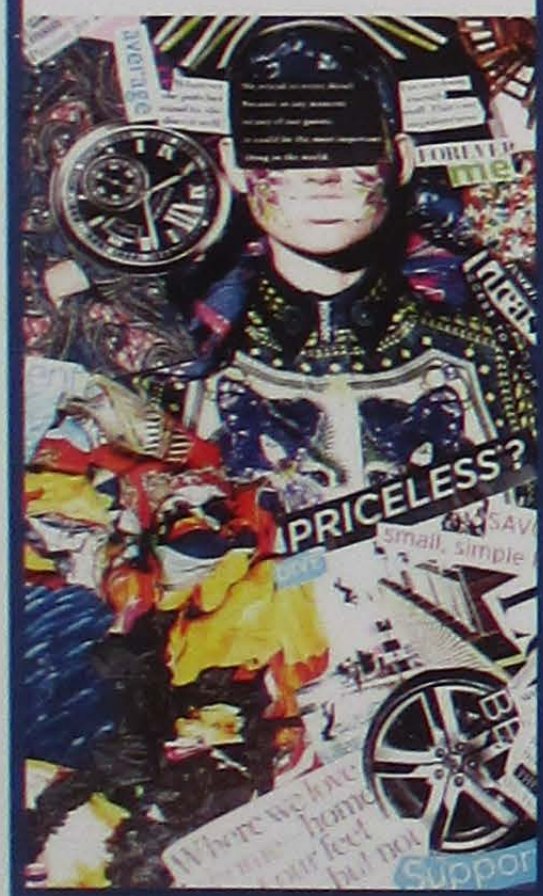
— Karin Chitty, office manager at Converse Conditioned Air, Ames



### COLLAGE

I have just started working with Karen Kerns to create a personal mission statement using a collage to identify the difference between my ideals, values and practices. The collage below is beautiful and gives an example of the process.

— Karen Petersen, Facets contributor, Ames



### THE HOLIDAY GIVING PROGRAM FOR YOUTH AND SHELTER SERVICES

Helping someone give their kids a merry Christmas, this has become a tradition in which I am proud to involve my children.

— Karin Chitty, office manager at Converse Conditioned Air, Ames

### WALK THROUGH BETHLEHEM

The Walk Through Bethlehem event at Collegiate Presbyterian Church is the first week-end in December.

— Lisa Barnes, psychotherapist, Ames

### KEURIG CUP APPLE CIDER, BOOTS VIEWING THE FALL LEAVES.

— Cindy Doolittle, member service representative at Premier Credit Union, Story City



### 'THE HELP'

Read "The Help" by Kathryn Stockett. Then see the movie!

— Peggy Best, Facets contributor, Ames



# Wrap up your holiday shopping

**Still have some shopping to do? We're here to help.**



Photo by Amy Vinchattle/Facets

**Check out our local gift guide for gifts to suit everyone on your list. It starts on page 8.**

## **PICK UP PERFECT PRESENTS IN AMES**

**BY ROXANNE DASS**

**H**oliday shopping can be stressful. Getting up early, driving to the city, fighting through crowds, trying to find the perfect gift and then driving back home after a long day on your feet.

But, according to Kristine Keil, director of communications and organizational programming with the Ames Chamber of Commerce, you can do all of your holiday shopping for the women in your life closer to home.

"Ames and surrounding communities have lots of different retail options in Story County," Keil said.

Ames alone hosts the Downtown District with several unique Main Street shops and boutiques. The Campustown area and other places in town also feature businesses from bookstores to sports apparel shops and fashion boutiques.

The Ames Chamber of Commerce even has something to offer with an Art of Community collection, which includes a picture book, postcard book and coffee mug featuring Ames residents' art submissions of the community. The collection showcases what the Ames community has to offer, Keil said.

If you're looking for more mainstream stores, North Grand Mall has everything

from department stores such as J.C. Penney and Younkers to stores for teens and tweens like Claire's.

Not only does Ames have a shopping mall, but shoppers can also go up Interstate 35 to the outlet mall in Story City, Keil said. Surrounding Ames are several wineries and other unique shops in Story County towns.

Shopping local makes shopping easier on consumers, and it helps Ames citizens economically.

"Buying local is important to Ames, because it helps sustain our economic vitality," Keil said. "Were Ames and Story County consumers to shift even 5 percent of their out-of-region spending to local purchases, the difference over the course of a year would (make a difference)."

That small percentage would translate to around \$51 million for Story County, with \$36.03 million in Ames alone. That does not account for an additional \$10.6 million in labor income, Keil said.

"Keeping business local also helps create a stronger sense of community and builds tight-knit relationships," she said. "It creates new friendships, partnerships and long-lasting initiatives and agreements." ♦

*Reach Roxanne Dass via email at [rdass43@gmail.com](mailto:rdass43@gmail.com).*



## THINK OUTSIDE THE GIFT-WRAP BOX

As anyone who has ever been down a gift-wrap aisle knows, you have plenty of choices when it comes to present presentation, but your options need not be limited to what is in that aisle. You can save some money, and even help save the planet, by thinking outside the gift-wrap box. Here are some ideas:

**KRAFT PAPER.** Wrap gifts in kraft paper and use twine, ribbon or yarn to tie them: "Brown paper packages tied up with strings. These are a few of my favorite things." — Katherine Kerns, Miss Meyer's, quoting a song from the musical "The Sound of Music"

**OTHER IDEAS.** Here are more items that work well for dressing up your gift: Dish towels, fabric, newspaper or magazine pages, decorative pillow cases, fabric napkins, maps, pages from discarded books, vintage sheet music, butcher paper, large office envelopes, and a sleeve cut from an old shirt or sweater for wine gifts. — Cathe Holden, scjohnson.com

**THE "DOUBLE GIFT."** Use the tie you are going to give to Dad or the scarf for Mom as the ribbon on a gift package. Or, add an ornament to a gift package so the recipient will have a gift, and something for their tree. — Bruce Littlefield, design and lifestyle guru, howdini.com

**BROWN PAPER BAGS.** Decorate a brown paper sack to reflect the character of the recipient. This engages the family to guess who is the recipient and adds another level to the gift-giving. There may be a story behind the decorated bag, and retelling the tale to first-time listeners can fill the house with laughter. Using brown paper bags is also a greener alternative to buying more costly gift bags. — Peggy Best, Facets contributor

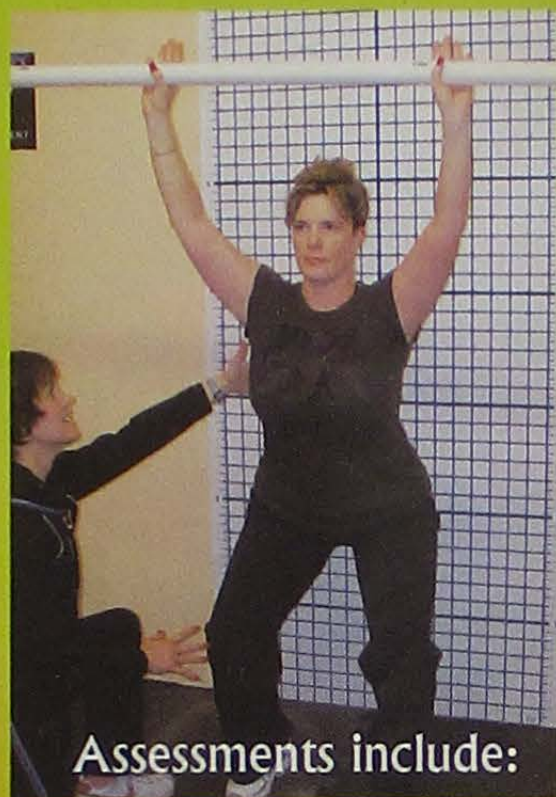
**REUSABLE BAGS.** Consider purchasing reusable cloth bags that grocers and discount stores typically sell for less than \$2. Use these bags to hold your gifts, and the bag itself becomes useful to the new owner. If they are not in a habit of taking these bags on their weekly shopping trips, it may prompt them to start doing so. — Peggy Best, Facets contributor



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# LOCAL GIFT GUIDE

## THE ARTIST



By Roxanne Dass/Facets

This original oil painting is available at the Octagon Center for the Arts for \$250.

• **THE OCTAGON CENTER FOR THE ARTS** features a variety of paintings, sculptures, jewelry and other art pieces for the art lover in your life. Not only will you be shopping local at Octagon, but you'll also be helping to support area artists. All art sold is created by Iowa artists. Pieces range from \$15 to more than \$100.

**Phone:** (515) 232-5331

**Address:** 427 Douglas Ave., Ames

**Website:** www.octagonarts.org



By Roxanne Dass/Facets

These headbands are available at the Octagon Center for the Arts for \$20 apiece.



By Roxanne Dass/Facets

Artists can create their hearts' desire using glass fusion techniques at Kil'n Time Studio. From picture frames to jewelry, the sky's the limit.

• For the artist who would prefer to create her own masterpiece, how about purchasing a gift certificate to **KIL'N TIME STUDIO**? Artists can paint their own pottery, create mosaics or try their hand at glass fusion. There is an \$8 studio fee for adults and a \$5 fee for children. Pottery pieces run from \$4 up to \$75.

**Phone:** (515) 233-5522

**Address:** 330 Main St., Suite 101, Ames

**Website:** www.kilntime4fun.com



## THE WINE LOVER

• **PRAIRIE MOON WINERY**, located north of Ames, practices organic viticulture, creating its wine with no insecticides, pesticides or herbicides on the wine grapes. Prairie Moon creates different wines. Varieties run from \$12 to \$14 per bottle.

**Phone:** (515) 232-2747

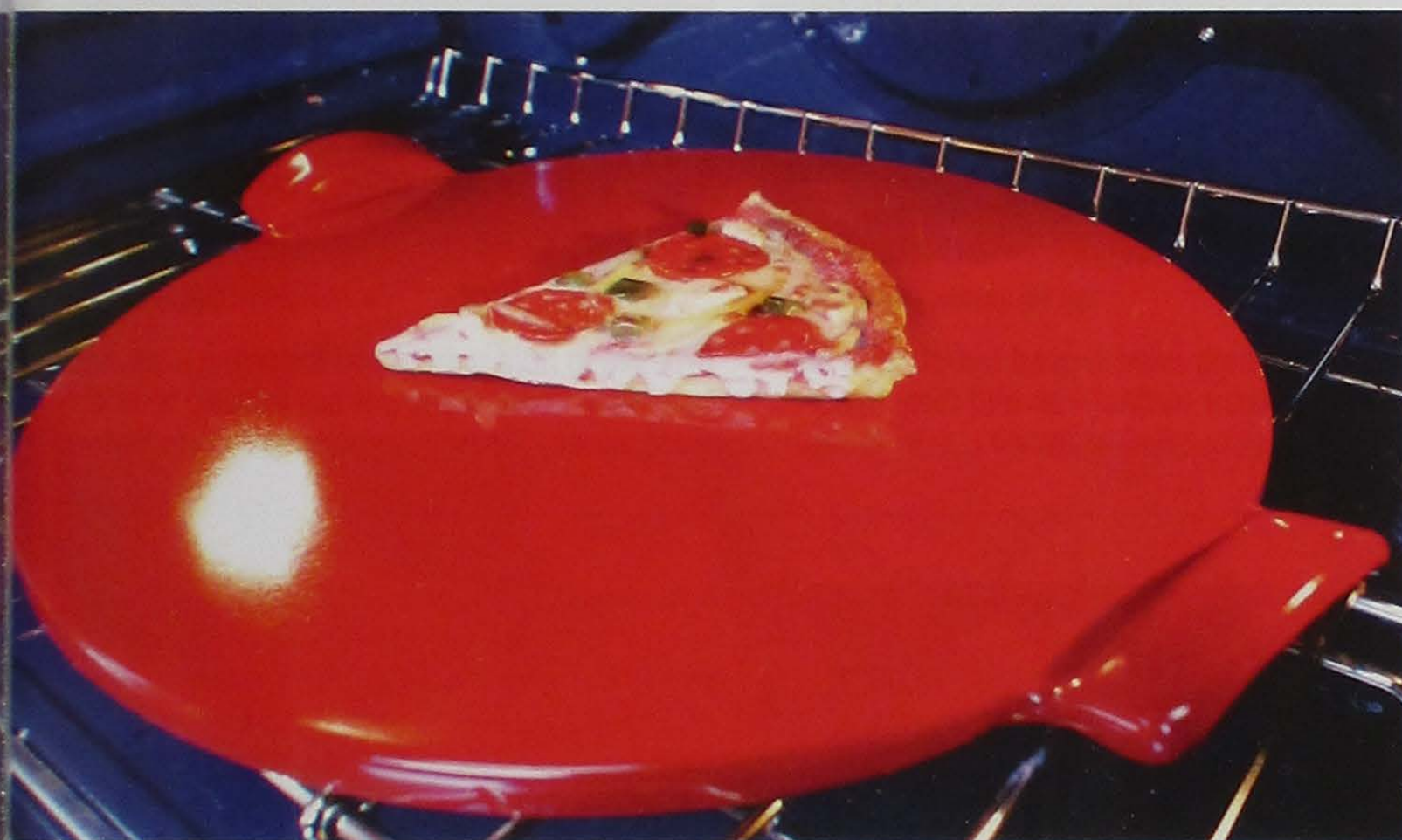
**Address:** 3801 W. 190th St., Ames

**Website:** [www.prairiemoonwinery.com](http://www.prairiemoonwinery.com)

Honey Moon Red is a semisweet red based on the Concord grape with a touch of Iowa clover honey. Many describe it as tasting similar to grape juice, taking them back to memories of their childhood. Pick up a bottle for \$13. By Roxanne Dass/Facets



## THE CHEF



By Roxanne Dass/Facets

This Emile Henry ceramic pizza stone offers the benefits of a regular pizza stone, but is easier to clean and distributes heat more evenly. The array of bright colors makes it pretty enough to serve your pizza right off it. Prices start at \$49.95.



By Roxanne Dass/Facets

Every cook needs a French skillet in her kitchen for sautéing, frying and baking. This All Clad French skillet, the "Cadillac of pans," runs for \$149.99.

• For the culinary pro in your life, what's better than great cookware and kitchen gadgets? **COOK'S EMPORIUM** in Downtown Ames offers dinnerware, cookware, the latest in kitchen utensils and gadgets to help the chef in your life cook up a storm. Prices start at just a few dollars for kitchenware and range up to more than \$100 for professional cookware.

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**Address:** 313 Main St., Ames

**Website:** [www.cooksemporiumltd.com](http://www.cooksemporiumltd.com)



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& **Joy**  
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this holiday  
season

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## THE FASHIONISTA

• West Coast fashion meets Midwest prices at **AYDEN LEE**. Ames' newest clothing boutique offers a variety of styles for the hip fashion lover in your life. Owners Tia Ricklefs and Brett Folkerts keep a revolving array of clothing from L.A. wholesalers.

"We just buy a few sizes of each design, so there's always something new on the racks," Folkerts said.

Ayden Lee prices range from \$5 clearance items to \$40 clothing items, including jeans, tees, business suits and dresses.

**Phone:** (888) 212-1911

**Address:** 1614 S. Kellogg Ave., Suite 115, Ames

**Online:** Facebook.com/AydenLeeClothing



By Roxanne Dass/Facets

All fashionistas need a good handbag to accessorize their outfits! Fun and flirty handbags cost about \$40 at Ayden Lee in Ames.



By Roxanne Dass/Facets

Dresses in bold colors and flattering cuts feature West Coast style, but are offered at Midwest prices. Clothes range from \$25 to \$40.



By Roxanne Dass/Facets

It's All About Me carries a full line of Bare Minerals makeup products from powder foundations to eye shadow. A starter kit starts at \$60.

• Fashionistas not only need a great wardrobe to express their fashion-forward lifestyle, but they also need great makeup. Stop by **IT'S ALL ABOUT ME** on Main Street and pick up some Bare Minerals for your trendy friend. It's All About Me is this region's official Bare Escentual makeup dealer and its line of Bare Minerals makeup. Help the makeup diva in your life put her best face forward.

**Phone:** (515) 233-1399

**Address:** 209 Main St., Ames

**Website:** www.itsallaboutme-spa.com

## THE BUSY WORKING WOMAN

• Give the time-strapped woman in your life some time to rest and relax. **IT'S ALL ABOUT ME** not only offers fun accessories, but it also is a full-service spa. Massages, facials, body treatments, waxing, microdermabrasion, ear candling and eyelash extensions are all services offered by the business.

**Phone:** (515) 233-1399

**Address:** 209 Main St., Ames

**Website:** www.itsallaboutme-spa.com



## THE CYCLONE FAN

• Find sports apparel for the sports fanatic. **SIGLER ON MAIN** carries Iowa State gear along with Iowa and UNI sports apparel. Hooded sweatshirts, polo shirts, T-shirts, sweaters, hats and accessories help the sports fan show their team spirit.

**Phone:** (515) 663-6203

**Address:** 304 Main St.

**Website:** [www.sigleronmain.com](http://www.sigleronmain.com)



By Roxanne Dass/Facets

All sports fans need T-shirts to show their school pride. Sigler features T-shirts made in-house and by big-name brands like Nike. T-shirts start at \$24 and hoodies run \$60.



By Roxanne Dass/Facets

Like some bling with your morning coffee? Iowa State travel mugs show some school spirit and Iowa State pride (\$25).

## THE NATURE LOVER



By Roxanne Dass/Facets

An ideal gift for that co-worker who appreciates nature and the finer things in life. Real tree leaves are coated in semi-precious metals for an intricate and beautiful piece of art.

• Help bring nature to the nature lover's home with gifts from **WILD BIRDS UNLIMITED**. Wild Birds Unlimited offers decorative nature-themed items to granite bird baths. There are items for bird lovers and even squirrel lovers.

**Phone:** (515) 956-3145

**Address:** 213 Duff Ave., Suite 4, Ames

**Website:** [Ames.wbu.com](http://Ames.wbu.com)

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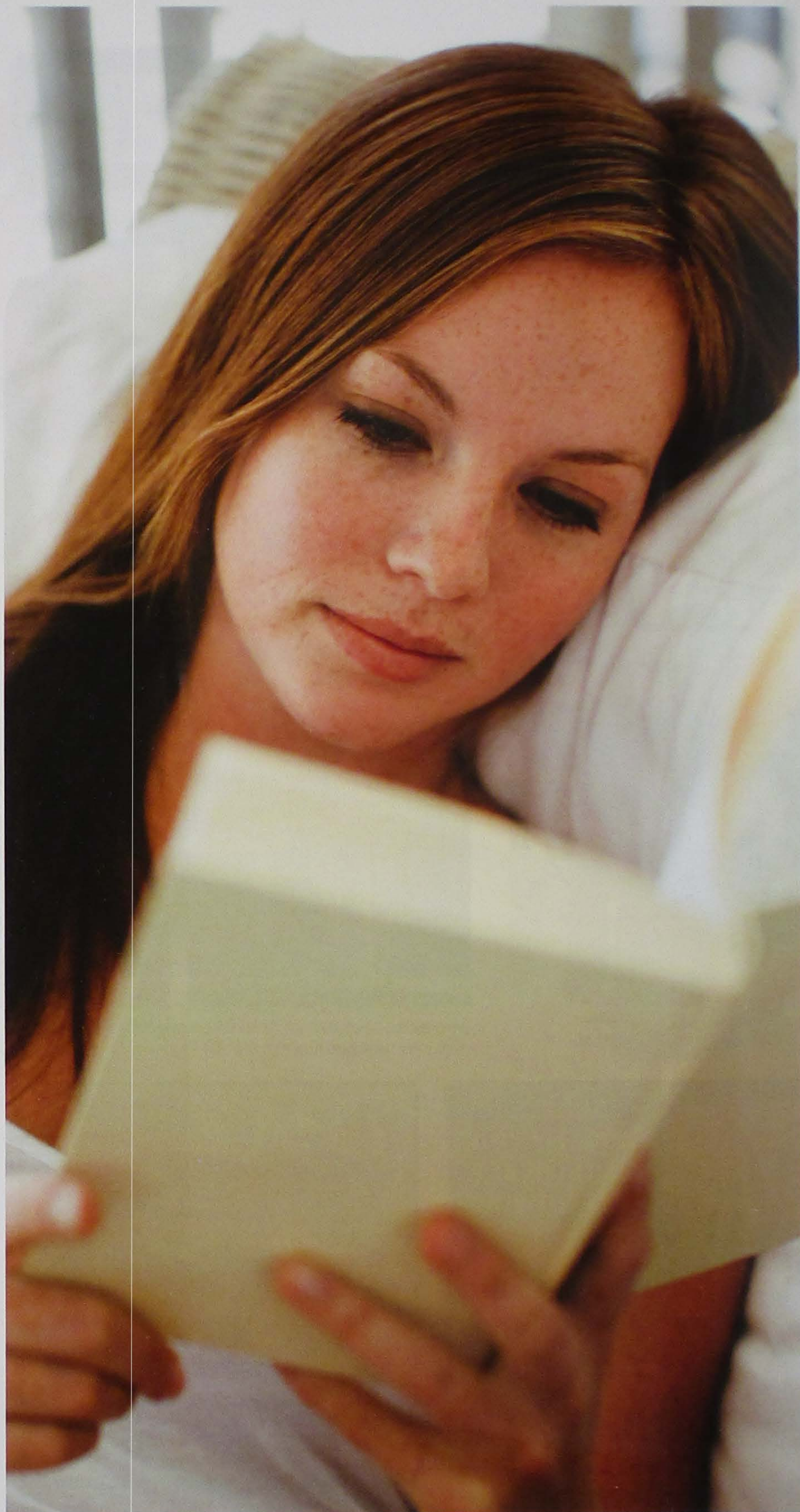
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By Pixland

Relax with a good book this holiday season. By slowing down you may find more energy to accomplish your holiday goals.



# Manage holiday stress

## Keep your stress under control with these tips

BY JENNIFER MEYER

What Stephanie Broders feels shopping for holiday presents in a crowded store is neither peace nor joy.

The throngs of shoppers who pack retail centers during the holiday season, many under pressure themselves to find the perfect gifts for loved ones, are what Broders, of Ames, said stresses her most about the season of good cheer.

"I try to do it early," Broders said, describing how she shops in advance to avoid the rush that seems to creep earlier each year.

Broders, a personal trainer and mother, said she will also shop at odd hours to avoid crowds.

Suzanne Zibler, a psychologist with Catalyst Counseling in Ames, said people can also avoid stress by approaching the holidays with a plan for mental preparedness.

"People have a variety of expectations about how they are supposed to behave and feel," Zibler said.

Whether it is giving the perfect present, writing the perfect holiday letter or preparing your house for holiday guests, the holidays come with demands and expectations that can lead to stress, she said.

Additionally, the holiday season exacerbates two leading causes of stress, according to a study by the American Psychological Association. The "Stress in America" survey reports a shortage of cash as a significant stressor, and lack of time as a reason more people do not manage their stress better.

"The holidays can be a stressful time for everyone, but there are some steps you can take to help manage your stress," Zibler said. "You can begin by developing a simple approach that helps you set realistic goals.

Then, be sure to make time for relaxation and enjoy low-key celebrations with good friends and family."

Zibler shared these tips suggested by the American Psychological Association and Iowa Psychological Association:

**SET REALISTIC EXPECTATIONS.** No holiday celebration is perfect; missteps are opportunities to build flexibility and resilience. Create a realistic budget and remind children that the holidays are not about expensive gifts.

**TAKE TIME FOR YOURSELF.** Go for a long walk, read, or listen to your favorite music. By slowing down you may find more energy to accomplish your holiday goals, including caring for other people in your life.

**VOLUNTEER.** Find a local charity, such as a soup kitchen or a shelter, where you and your family can volunteer together throughout the year. Helping others can put hardships in perspective and build stronger family relationships.

**REMEMBER WHAT IS IMPORTANT.** Commercialism can overshadow the true sentiment of the holiday season. Remind yourself that family, friends and the relationships in your life are what matter most.

**SEEK SUPPORT.** Talk about stress with your friends and family in order to help you navigate your feelings and work toward a solution. If you continue to feel overwhelmed, consider talking with a professional to help develop coping strategies and manage stress. ♦

Reach Facets Editor Jennifer Meyer via email at [jmeyer.facets@gmail.com](mailto:jmeyer.facets@gmail.com).

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1001081



# Winter's red jewel

**L**ooking for a fresh way to add festive flavor and appeal to holiday meals? This season, experience the treasure of taste and nutrition found in pomegranates.

## HEALTH BENEFITS

This brilliantly red fruit is rich in antioxidants, which help rust-proof the body. In fact, some studies suggest pomegranates offer twice the antioxidant power of green tea, red wine or cranberries. Medical research shows these antioxidants may promote heart health by decreasing factors that cause plaque buildup in arteries.

## PREPARATION AND USE

Pomegranates are in season through December. Look for large fruit that is heavy for its size. Fruit should be shiny, not shriveled. They are picked ripe and can be eaten as soon as you get them home.

Peeling a pomegranate is easier than it looks if you work under water. Fill a large bowl with water, hold the pomegranate under the water and, using a serrated knife, cut off the crown. Lightly cut

through the skin and break it open. Inside you will find the arils (seeds). The arils will sink to the bottom of the bowl and the membrane will float to the top. Sieve and put the arils in a separate bowl, refrigerate and use within a week, or freeze in an airtight container.

The juicy arils seem to glow like bright ruby-red jewels, adding a festive look to holiday meals. Add sparkle to meals by sprinkling on salads, on top of cereals, in rice mixtures, and even as an ornament for desserts.

The brilliant size and color make festive decorating with pomegranates easy and fun. Let your imagination go wild. Try making pomegranates into candle holders, adding them to decorative holiday displays or simply stacking them in a glass bowl with accents of green holly and pine cones. ♦



AMY CLARK

*Amy Clark earned a bachelor's degree in nutrition and dietetics from Iowa State University in 2003. She is a member of the American Dietetic Association and received a certificate in adult weight management in November 2006. Her goal at Hy-Vee is to increase awareness of the impact nutrition can have on well-being and quality of life. She encourages people to focus on making healthy lifestyle changes one step at a time. Reach her via email at [1013Dietitian@hy-vee.com](mailto:1013Dietitian@hy-vee.com).*

Pomegranates are in season through December. Look for large fruit that is heavy for its size. Fruit should be shiny, not shriveled.



By Ablestock.com



Enjoy these festive recipes to add vibrant green and red color to your holiday table:

### BROCCOLI POMEGRANATE SALAD

Serves 6

- 1 large bunch broccoli, chopped
- ½ cup chopped red onion
- ½ cup pomegranate seeds
- ½ cup sunflower kernels
- ½ cup cooked, crumbled bacon
- 1 cup light salad dressing
- 2 tablespoons granulated sugar
- 1½ tablespoons apple cider vinegar

#### PREPARATION

In a medium mixing bowl, combine broccoli, onion, pomegranate seeds, sunflower kernels and bacon. In a small bowl, combine salad dressing, granulated sugar and vinegar. Mix well. Stir salad dressing mixture into broccoli mixture. Toss to coat. Refrigerate at least 2 hours before serving.

### GREEN BEANS WITH POMEGRANATE, GOAT CHEESE AND ALMONDS

Serves 6

- 1 tablespoon olive oil
- 1¼ pounds green beans
- 1 teaspoon grated lemon or orange peel
- ½ cup sliced or slivered almonds
- Salt and pepper to taste
- 1/3 cup arils (seeds) from one large pomegranate (refrigerate the rest)
- 1/3 cup 100 percent pomegranate juice
- 4 ounces sliced goat cheese

#### PREPARATION

Place oil in a wok or large skillet and heat until hot. Stir-fry the beans with the lemon peel for 6 minutes. Add almonds and stir-fry for 1-2 minutes or until beans are crisp-tender. Remove from heat. Season to taste with salt and pepper. Toss beans with pomegranate arils and pomegranate juice; turn onto a serving platter. Arrange goat cheese slices over the top and serve.

Source: [www.pomwonderful.com/recipes/](http://www.pomwonderful.com/recipes/)

### POM WONDERFUL GUACAMOLE

Serves 8

- 2 ripe avocados, pitted and peeled
- 1 pomegranate
- ½ cup chopped cucumber
- ¼ cup chopped green onion
- ¼ cup chopped cilantro
- 1 tablespoon lemon juice
- Salt and pepper to taste

#### PREPARATION

Put avocados in a bowl and mash with fork. Add ¼ cup pomegranate arils (seeds) and the remaining ingredients. Mix well. Add salt and pepper to taste. Place guacamole in a serving bowl and sprinkle remaining pomegranate arils on top for garnish. Serve with assorted color tortilla chips.

Source: [www.pomwonderful.com/recipes/](http://www.pomwonderful.com/recipes/)

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### Holiday Happenings

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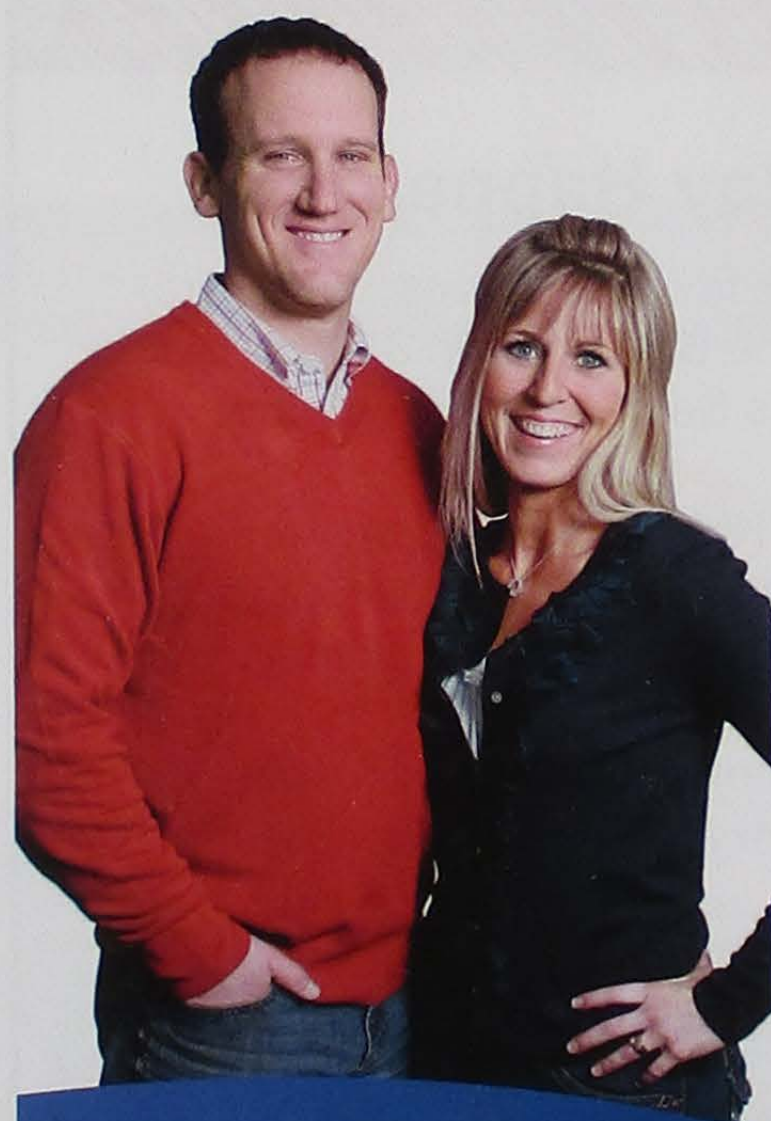
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By Ryan McVay/Thinkstock

Give the gift of time to children, time in the park, time reading a book, time to just be with and listen to a special child.

# Plan ahead for happy holidays

**H**ow do you spend money for the holidays? Some people choose to budget and save through the year to accommodate the nearly inevitable holiday costs. This is a choice to plan ahead.



**KAREN  
PETERSEN**

What kind of a holiday shopper are you? Do you plan ahead or plan to do better next year?

Others buy now and deal with the expenses later. This is often accomplished by using credit cards. When the bills arrive, they wish they had planned ahead and decide to "do better next year."

Most of us would like to make purposeful decisions; we usually feel better if we purposefully choose how we allocate our time, energy and money.

It is not too late to change your method and make a different choice for this year. You can come up with more satisfying ways to spend your time, energy and money, and create new holiday traditions.

Here are ideas to help you think of giving choices that fit your life.

- Give the gift of time to children, time in the park, time reading a book, time to just be with and listen to a special child. One-on-one time with a child is priceless — and parents may also find the time you spend with a child to be a gift as well.

- Talk with your children about what



they received for Christmas last year. If they are in third grade or younger, it is likely they do not remember. If they do remember, last year's gift may be broken, forgotten, lost or need an upgrade to a new and improved model. Help them think about what they really want this year, rather than forming a list of what they see advertised.

I know we want to give our children everything they want. Some of us even get reminded of all the "stuff" everyone else has. For what it is worth, I have been told by good authority that children are not permanently marred if they do not have everything they think they want or need. The authority was my mother 50 years ago, and mom always knows best.

• Adult gifts were difficult for me until I quit spending my time shopping and started spending time in the kitchen. I make oatmeal bread and caramel corn. My family and friends look forward to the treat, and I love to give an appreciated gift.

Cooking is also a gift for me.

Instead of scurrying around looking for that just-right gift, I listen to Christmas music as the tree lights twinkle and the house fills with the wonderful aroma of baking.

The kitchen is a good place for me to make gifts. Yours could be your camera, easel, sewing machine, potting shed or any number of creative activities your enjoy.

If you are the "let's budget next year" kind of person, you probably will not become the "Holiday Choices" poster child this year. Change takes time, and small steps are how we make those changes.

This holiday season, make purposeful decisions as you spend your time, energy and money because ... life is more than money. ♦

*Karen L Petersen CFP®  
CDFA™ is a fee-based financial  
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# Give yourself the gift of corrective exercise

I am about to stereotype.

Everyone needs something slightly different in their exercise program, yet there are common problems you may have due to the lifestyle you lead.



**DEBRA ATKINSON**

When you think of an exercise program, you probably think first of the activities that burn calories, sculpt your physique or distract you from stressors such as sitting at a desk or computer or carrying children.

These few little exercises carry a big gift for you in that they have the ability to free your range of motion, decrease the tension and stress you are holding in your body and potentially create an environment for better results with the rest of your exercise program.

## **SCAPULAR RETRACTION**

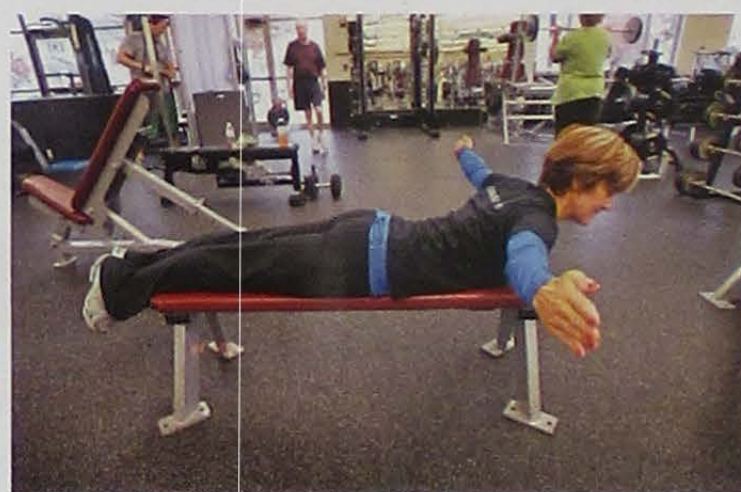
Avoid the lazy scap trap. If you have scapular retraction, your scapular retractors have vacated the premises and your upper trapezius fires for you whenever you do an upper body exercise. You may be suffering from scapular retraction if you feel tension in the upper back, neck and shoulders, or consistently wish someone would rub your shoulders and back.

Scapular push-ups, lifting small weights or no weights while squeezing the shoulder blades together forming I-T-Y can help. (See photos at right.)

## **ROTATOR CUFF EXERCISES**

Corrective exercise specialists or physical therapists generally interpret working the shoulders differently than weight lifters. You may indeed want to work your deltoids for attractive shoulders and upper body, but you need to strengthen your rotator cuff muscles to support that work and other activities of daily living.

If you only lift heavy, you will find your rotator cuff muscles a weak link at some point. Go small and perform internal and external rotation, abduction and adduction exercises while keeping your shoulder blades as flat as you can. Three- or five-pound weights are



Photos by Amy Vinchattle/Facets

Scapular push-ups, lifting small weights or no weights while squeezing the shoulder blades together forming I-T-Y, can help scapular retraction.



Photos by Amy Vinchattle/Facets

An external rotation, which works the rotator cuff, starts in the position at left and ends in the position at right.





Photos by Amy Vinchattle/Facets

The lying bridge exercise, which helps with gluteal amnesia, starts in the position at top and ends in the position above.

enough. The heavier you go, the more likely other muscles, not the targeted rotator cuff muscles, will take over. (See photos on page 20.)

#### OVERCOME GLUTEAL AMNESIA

With gluteal amnesia, basically, the booty call is not answering. Nobody's home. Getting your glutes to fire again can prevent issues with your hamstrings and low back. Though they should fire for many exercises, they often do not. So you have to start small. Bridge up and focus on the gluteal muscles. (See photos, above.)

For the true gift, know where you are tight and where you are long and weak. Plan your

strength and stretching sessions accordingly.

A balanced stretching or a balanced strength-training program should look different for every individual. We all have different genetics, history and movement patterns that have created the bodies we live with, and it is important to create a more symmetrical body by balancing what you do with what exists for you already. ♦

*Debra Atkinson, M.S., C.S.C.S., graduated from Iowa State University, where she has also taught in the department of kinesiology for 12 years. She has been a fitness professional, writing, speaking and practicing for 25 years.*

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# faceted woman | LINDSEY MARIE BARTHOLOMEW

**Name:** Lindsey Marie Bartholomew

**Age:** 33

**Position:** Chiropractor at Bartholomew Chiropractic

**Family:** Husband, Bret, also a chiropractor; daughter, Bethany Jean, 15 months; and expecting baby No. 2 in February.

## What would you do with \$1,000 to spend on yourself?

If I had \$1,000 to spend on myself, I would definitely include a spa day, along with a chance to shop for some much-needed maternity clothes. I would also love to take my husband to a bed and breakfast for a weekend getaway before the second baby comes.

## Your favorite meal:

My favorite meal is a total comfort food. It came from my Ukrainian grandmother, and it's called Halupki. It's basically a cabbage casserole, but I love it.

## I never leave home without:

My phone and my ChapStick. I hate dry lips.

## Your favorite motto:

This one I just reheard and fell in love with again: "No one can make you feel average without your permission."

## What makes you happy?

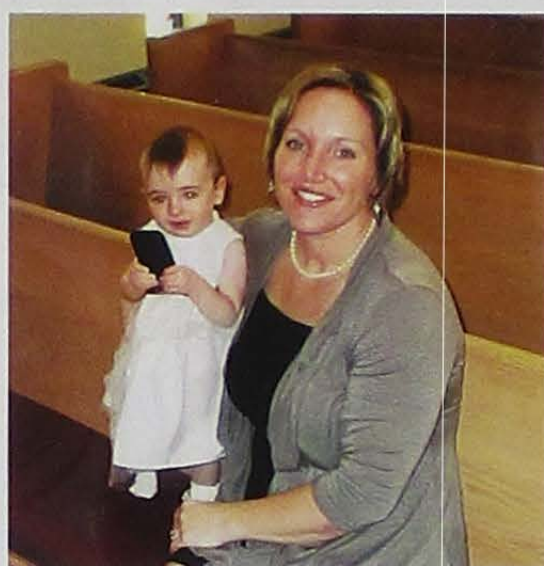
My life. I feel blessed to be able to do what I love, have a wonderful husband and beautiful family.

## What have you accomplished that has made you proud?

Our greatest accomplish-



Photos courtesy of Lindsey Marie Bartholomew



ment has been the ability to open a business ourselves. It definitely helps having two people with the same goals to help each other, but I'm proud of the fact that we have been able to create a health center that people want to come to and be a part of.

## Do you believe in New Year's resolutions? Do you have one this year?

I definitely believe that everyone should make goals to work

on for the year. If I had to pick one resolution for 2012, it would be to spend more time on myself — planning, reading, affirming — and just getting myself to the best place I can be so I can help others more effectively.

## Best tip to look and feel great:

The No. 1 tip I have for looking and feeling great is exercise. It provides so many benefits for me personally: it de-stresses and makes me feel more confident, strong and healthy.

## If you knew then what you know now, what would you have done differently?

I wish I had known that I wanted to be a chiropractor in high school. I went to college for accounting originally and worked as an auditor for four years before deciding to go back to school. Going back to school was the best decision I

have ever made because I absolutely love what I do, and unfortunately not many people can say that.

## My simplest pleasure:

Especially now that I am pregnant, my simplest pleasure is a bath at the end of the day. It doesn't happen as often as I would like, but it feels amazing.

## I am thankful for:

So many things in my life, but most importantly, I am thankful for our beautiful daughter. She has provided so much joy to our family, and I am thankful she is healthy and happy.

## What financial advice would you give other women?

With the challenges of opening your own business, I believe the best financial advice for everyone is to set a budget. Make a decision on what you need to pay, how much you want to save, and allocate an amount of "play money" — then stick to it.

## How do you give back to your community?

As busy as we are, we try and find time to give back to the community in any way that we can. One of our office community projects is our Health, Wellness and Safety workshops that we provide to local businesses and organizations at no charge. I am also a member of the Ames Noon Kiwanis, and we are currently getting set to start our gift-wrapping season. As a member of St. Thomas Aquinas Church, I am a part of the Hospitality Ministry, which allows me to meet more of the parishioners each week. ♦

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